

Natural Pelvic Painkillers

By Sara Lopez, Women's Health Coach + Certified Hormone Specialist

Last summer I was stressed out and had a bad pelvic pain flare. Whaaat? **I thought I'd beaten these crazy bad cramps that brought me to my knees, crawling around on the floor with pain worse than labor.** On a normal day though, I no longer pass out from cramps, and go about my day with just a few Advil. I am going to share with you my top 10 natural pelvic painkillers.

1. Acupuncture. Acupuncture works for pelvic pain because it helps release pleasure chemicals from the brain, like dopamine, opioids and noradrenaline. A 2008 study showed that acupuncture lowers excess estrogen levels, which can help improve adeno and endo pelvic pain. [1]
2. Thyme. A clinical study of women with dysmenorrhea (very painful periods) shows that thyme essential oil works as a more powerful anti-inflammatory than ibuprofen for menstrual cramps by inhibiting the enzyme COX-2. The thymol in this essential oil reduces pelvic swelling. Mix thyme essential oil in a carrier oil and rub over your belly for pain relief. [2]
3. Magnesium. Magnesium spray or lotion relaxes smooth uterine muscle and can melt pelvic pain quickly. Do you ever crave chocolate during certain times of the month? Chocolate cravings= magnesium deficiency. Research studies found that 75% of women in the U.S. consume less than the recommended amount (300mg/ day) of magnesium. [5] Magnesium supports liver detoxification and is needed to get rid of toxins and heavy metals from our body. It also

is needed for energy production, and when you don't have enough you become fatigued. We need magnesium to make anti-inflammatory prostaglandins. [6]. Magnesium is also key in producing progesterone, and women can lose up to 1/2 of their magnesium supply during their period.

4. Anti-inflammatory diet. 75 % of women who went gluten free for a year had significant pelvic pain relief, according to the study "Gluten-free diet: a new strategy for management of painful endometriosis related symptoms?" (3) Anti-inflammatory foods are high quality fats like coconut oil and ghee, vegetables, high fiber whole grains like quinoa, berries and other foods high in bioflavonoids, and seaweeds. An anti-inflammatory diet is low in saturated fats like vegetable, corn, and canola oil, processed foods, flour, sugar, processed meats, and alcohol because these foods cause high levels of inflammatory omega 6 fatty acids and can make symptoms worse.
5. Seaweed. Seaweed makes the length of your period shorter and can lighten painful periods. In a study women had a 75 percent drop in estrogen levels after eating just a 1/4-teaspoon of seaweed powder a day and an 85 percent drop after a 1/2 teaspoon.
6. Turmeric. Turmeric is anti-inflammatory and lowers high estradiol. This prevents excess estrogen from inflaming and worsening endometriosis and adenomyosis. Research shows turmeric has pain reducing effects similar to prescription pain killers when taken daily over time. In order to absorb turmeric well, you need to take it with black pepper and a fat like coconut oil. That's how they make it in India!
7. CBD and Cannabis. CBD is anti-inflammatory. You need to take high quality, organic CBD daily at a high dose so the cannabinoids build up on pelvic receptors. CBD or cannabis vaginal suppositories relax

uterine muscles and relieve menstrual cramps. Weed suppositories/tampons do not give you any buzz and are available in a few select states: <https://foriapleasure.com/apps/store-locator> or here's how I made my own: <https://saralopez.net/2018/01/09/how-i-made-weed-tampons-to-stop-period-pain-and-cramps/>

8. Infrared heating BioMat. Unlike electric heating pads, this mat is EMF free so very safe. Literally, I never go without my heating mat and take it on the plane with me. BioMats increase circulation and relax muscles. When I get hip and lower back pain, this mat melts it away. It has negative ions, like the particles in the air by the ocean that make you feel so relaxed. You can choose between mats that have amethyst or jade crystals on them. They are \$3k but you can get a good knock off on Amazon for @ \$130.
9. GoPatch. GoPatch <https://thegopatch.com> is an all natural homeopathic menstrual cramp patch. It worked for me; within 10 minutes, cramps were gone. I usually pop at least some Advil on days 2 and 3 of my period, but with the GoPatch I didn't need to! I love that it was so easy to use and no one knows I'm wearing it. \$30 for 5 patches.
10. Medical and coaching support. Work with a good pelvic floor physical therapist, medical professional (e.g. functional medicine doctor), and women's health coach. The fascia in our pelvic floor can become dehydrated and shortened causing some areas of our pelvic floor to be too tight while others are too loose. A pelvic PT can work with you to balance your pelvic floor by strengthening and loosening different areas. While the average doctor's visit is only 11 minutes long, a women's health coach has the time to fully listen to you, support you in creating goals, and hold you accountable to them. A women's health coach can co create a clear, step by step plan with

you to improve your worst symptoms holistically.

Have you tried or would you like to try any of these? I'd love to hear from you. Shoot me a message on my website <https://saralopez.net>.

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2] Caspian J Intern Med. 2014 Spring; 5(2):82-8. Comparative effect of thymus vulgaris and ibuprofen on primary dysmenorrhea: A triple-blind clinical study. (<http://www.ncbi.nlm.nih.gov/pubmed/24778782>)

3]. Teas J. et al. 2009. Dietary seaweed modifies estrogen and phytoestrogen metabolism in healthy postmenopausal women. (<https://www.ncbi.nlm.nih.gov/m/pubmed/19321575/>) <https://www.care2.com/greenliving/how-to-treat-endometriosis-with-seaweed.html>

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5]. James J DiNicolantonio, James H O'Keefe, and William Wilson. 2018. Subclinical magnesium deficiency: a principal driver of cardiovascular disease and a public health crisis <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5786912/>

6]. Proctor ML, et al. Cochrane Database Syst Rev. 2001. Herbal and

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